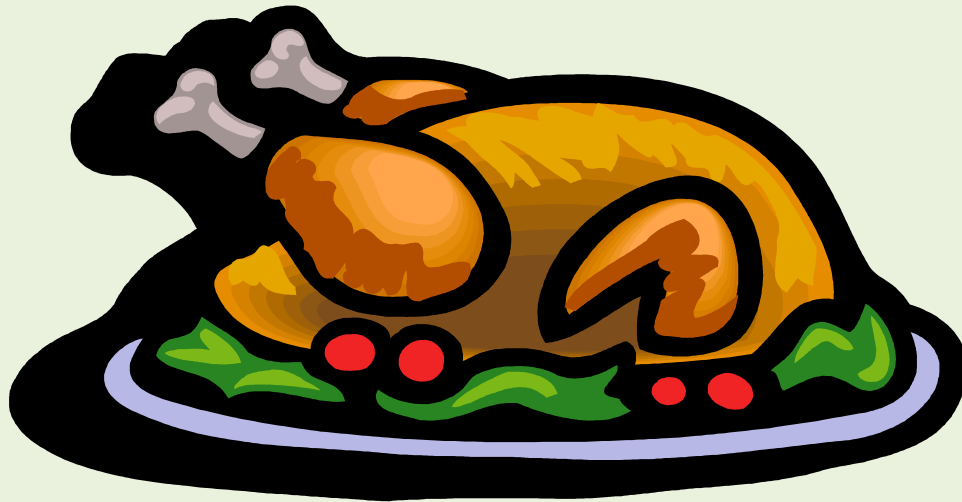**Wouldn't it be nice to taste, smell and savor your holiday meal?**

STOP SMOKING FOR LIFE ... and you can!

Free Smoking Cessation Classes

Sessions offered in November
Morning: November 2nd – 30th
Mon/Wed 10:30 – 11:30
Afternoon: November 2nd - 30th
Mon/Wed 3:00 – 4:00
(No classes on Nov. 23rd)

Stop Smoking For Life Topics Include:
🚭 Nicotine Addiction
🚭 Preparing to Quit
🚭 Coping with Withdrawal
🚭 Dealing with Stress
🚭 Relapse Prevention

Free Nicotine Patches or Gum Provided
(with signed physician consent form)

To register call:
301.600.3293 or 301.600.3390

Quitting Tips and Tricks

Think of Your Reasons for Quitting

Write down a list of all your reasons for quitting. Make copies and post them wherever you spend time.

Set a Quit Date

When you choose the date you plan to stop smoking for good be sure to give yourself enough time to prepare.

Get Rid of All Smoking Evidence

Clean your home and car. Throw away all ashtrays, lighters and cigarette butts.

Develop a Plan

Identify your smoking patterns and develop strategies to resist the urge to smoke. Determine how you can change your routine to break the association to smoking.

Avoid Temptations

Try to steer clear of people, places and things that make you want to smoke.

Sip Cold Water

Sipping cold water through a straw releases a brain chemical that can help ease negative moods. It also prevents constipation and dehydration as well as helps to flush the nicotine out of the body.

Stock up on oral substitutes

Pick up sugarless gum, carrot sticks, hard candy, mints, cinnamon sticks, coffee stirrers, straws, raisins, sunflower seeds, and/or toothpicks or lollipops to keep your hands and mouth busy.

Be Active Every Day

Exercise offers a distraction from cravings. When your body is active, it sends out natural chemicals that help your mood, improve circulation and reduce your stress.

Reward Yourself

Consider putting aside the money that you would have spent buying cigarettes on a big treat (like a vacation) or several small treats (dinner and a movie or an outfit for yourself).